

### AMENDMENTS TO THE CLAIMS

Claims 1-24 (Canceled in previous Amendment)

Claim 25 (Currently amended): ~~A~~ An adaptive method for teaching by issuing remediative guided practice activities based on a previously performed guided practice activity to achieve performance-based behavioral modification in the learning process utilizing in a two-way communication process, comprising the steps of:

providing at an Internet site a course of scenario-based instruction having a number of non-knowledge based guided practice activities to be performed by an individual, each guided practice activity involving no right or wrong answer but rather behavioral tasks to be performed,

each guided practice activity including information on how to modify performance;

→ automatically transmitting the mini content object to the individual,  
automatically transmitting, an initial guided practice activity to the individual, at a

preselected time known times, thus to provide the individual with an active learning experience

through the guided practice activity pushed from the Internet site at a preselected known time during the day;

having the individual transmit back to the internet site responses to the initial guided practice activity assessing the individual's behavioral performance by pushing content to the individual to evaluate the individual's reaction to the content, thus to permit providing updated guided practice activities; and,

transmitting back to the Internet site the individual's reaction to the content; and,

adaptively providing a remediative guided practice activity back to the individual, the adaptation based not on knowledge test results but rather on the individual's reaction to the pushed content the responses to the transmitted initial guided practice activity.

*comprised of a mini content object and a series*

Claim 26 (Original) The method of Claim 25, wherein the guided practice activities are transmitted to the individual at times preselected by the individual such that the guided practice activities are not disruptive.

Claim 27 (Original): The method of Claim 25, and further including the steps of providing acknowledgement of receipt of a guided practice activity and transmitting the acknowledgement back over the Internet to the Internet site.

Claim 28 (Original): The method of Claim 25, and further including providing the individual with additional guided practices from the Internet site.

Claim 29 (Original): The method of Claim 25, wherein the individual guided practices activities from the Internet site are time limited so as not to interfere with the normal tasks of the individual.

~~Claim 30 (Original): The method of Claim 25, and further including the step of preceding a guided practice activity with a mini-lesson.~~

Claim 31 (Original): The method of Claim 25, and further including providing a device to which the guided practice activity is transmitted.

Claim 32 (Original): The method of Claim 31, wherein the device is selected from the group of internet-enabled devices consisting of computers, mobile phones, pagers, personal digital assistants and voice over IP audio producing terminals.

Claim 33 (Original): The method of Claim 25, wherein the automatic transmission is at a pace so as not to disrupt the individual during his workday.

Claim 34 (Original): The method of Claim 25, wherein the guided practice activity includes experiential learning in which the individual is prompted to respond with some action.

Claim 35 (Original): The method of Claim 25, wherein the guided practice activity is designed to improve competency in the workplace.

Claim 36 (Original): The method of Claim 25, wherein the guided practice activity is designed to teach an athletic activity.

Claim 37 (Original): The method of Claim 25, wherein the guided practice activity is golf.

Claim 38 (Previously amended): The method of Claim 25, wherein the guided practice activity is designed to improve a woman's reaction to a specific workplace encounter.

Claim 39 (Original): The method of Claim 25, wherein the guided practice activity is designed to improve the response of the individual to health related issues.

Claim 40 (Original): The method of Claim 39, wherein the health related issues include controlling the weight of the individual.

Claim 41 (Original): The method of Claim 39, wherein the health related issues include addiction.

Claim 42 (Original): The method of Claim 39, wherein the health related issues include the taking of medication.

Claim 43 (Canceled).

Claims 44 (Canceled).